

Prevention and Early Intervention (PEI)

- The purpose of PEI is to provide short-term mental health treatment to older adults with mild mental health difficulties to prevent them from getting worse.
- PEI treatment consists of seven evidence-based practices (EBP). These EBPs are interventions that have shown to be effective at reducing symptoms of depression and anxiety.
- There are seven EBPs that are available to older adults; these include CORS, PST, PEARLS, Group CBT, Individual CBT, IPT and SS.

PEI Practices

Crisis-Oriented Recovery Services (CORS)

This short-term therapy aims to provide coping skills to individuals to manage stress that come from life crises and help them return to their previous or higher level of functioning. It is designed for individuals who have experienced an event that has disrupted a person's usual equilibrium.

Problem Solving Therapy (PST)

The goal of this intervention is to reduce symptoms of depression and anxiety by increasing the individual's understanding of the link between their symptoms and current problems in living, and teach clients a specific structured problem-solving approach that they can use throughout their lives.

Program to Encourage Active and Rewarding Lives for Seniors (PEARLS)

This program provides skills to older adults with chronic illness in their homes in order to reduce symptoms of depression and anxiety. This program takes a team-based approach, and involves coordinating with a psychiatrist for medication management and a case manager if required.

Group Cognitive Behavioral Therapy (CBT)

This therapy aims to reduce individuals' symptoms of depression and anxiety by helping them change harmful thinking patterns and behavior, providing education and skills training, and encouraging engagement in pleasant and helpful activities.

Individual Cognitive Behavioral Therapy (CBT)

This therapy, conducted in an individual format, aims to reduce symptoms of depression and anxiety with a variety of treatment strategies including psycho-education, skills acquisition, contingency management, Socratic questioning, behavioral activation, exposure, cognitive modification, acceptance and mindfulness strategies and behavioral rehearsal.

Interpersonal Therapy (IPT)

The goal of IPT is to assist individuals reduce symptoms of depression and anxiety, to improve the quality of interpersonal relationships and to increase social support. At least one of the following problem areas are identified for the client: grief and loss, role transitions, and interpersonal disputes. Problem-solving and brain-storming is used to arrive at solutions to identified problems.

Seeking Safety (SS)

The goal of SS is to assist individuals develop safe coping skills to reduce anxiety symptoms related to their experience of trauma and substance use, and to increase access to community resources. SS utilizes cognitive, behavioral and interpersonal techniques as well as case management to achieve goals.



If you are interested in learning more about our services, please feel free to contact:

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**County of Los Angeles
Department of Mental Health
Older Adult System of Care**

**Prevention & Early Intervention (PEI)
Specialty Program**



If you are in crisis and need help right away,
call toll-free, 24/7 ACCESS helpline:
1-800-854-7771



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Evidence-based Practices for Older Adults



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